

Ready, Set, Walk!



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Week 11: Keep Walking Fun!



Do you need some extra motivation to keep you moving on your track to better health? You have consistently been walking for 10 weeks, so you may be tired of your normal exercise routine. Here are some ideas to help keep your walking adventures fun!

Ask a friend to join you: It helps to have an extra boost on days you don't feel like exercising. Having someone on those days to encourage you will benefit both of you. If you enjoy socializing while you exercise, this will fulfill that need as well.

Take your dog: This is a great way to exercise and spend time with your pet. It can also provide additional safety if you walking when it's dark out. Your new walking partner may also set a new up-tempo pace for you!

Try a new route: If you are tired of seeing the same houses and scenery, then take a different turn or reverse your normal route. This may allow you to meet new people, or learn things about your neighborhood that you never knew before.

Walk with a purpose: Instead of jumping in your car to meet your friend for breakfast or coffee...walk! You will burn those extra calories and save gas. You may even inspire those around you to walk the next time you meet.

Take your camera: How many times have we all said, "I wish I had my camera for this moment!" There are so many beautiful things to see while you are exercising. Take special notice of the grass, flowers, trees and all of the other natural surroundings. If you feel inspired to capture the moment, you will have your camera ready.

Change what you listen to: Instead of listening to just the radio, take along your MP3 player. You can download books, podcasts and your favorite music! This is a great way to listen to the book you have wanted to read or learn about a subject through a podcast. Make sure you have different tempos of music during your walk. Increase your speed when you have a faster song playing.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Eleven	40 minutes	40 minutes	50 minutes	40 minutes	50 minutes	40 minutes	50 minutes

Special Hydration Needs for the Young & Old

Staying properly hydrated is critical for everyone. But children and aging adults should be given special attention because they are more vulnerable to the effects of dehydration.

Children

Children have a lower capacity for sweating and their bodies don't cool down as efficiently as adults' bodies do. They end up overheating more quickly. Because severe dehydration can be life-threatening, act fast to cool them down and re-hydrate.

Dehydration Symptoms in Children & Infants: No tears, dry mouth and tongue, grayish skin, sunken eyes, sunken soft spot on infant's head and decreased urination.

Keep Kids Hydrated

1. When children play outside in hot weather, keep on top of their hydration.
2. Give kids a drink before they run outside to play; call them in frequently for beverage breaks.
3. Offer beverages children will enjoy, because studies have shown they'll consume 45% to 50% more when it's flavored and something they like.
4. Serve beverages at moderate temperatures (not too cold) to promote greater fluid intake.

Aging Adults

Older adults tend to drink less than their bodies need for several reasons, including a lower ability by the body to detect thirst, poor memory, illness or immobility. Certain medications can also block the thirst mechanism.

Dehydration Signs in Aging Adults: Light-headed, fatigue, impaired concentration and focus, dry skin and mouth, and increased thirst. Keep an eye on elderly neighbors, especially in the summer heat and help them stay hydrated.

Helping Older Adults Stay Hydrated

1. Encourage them to drink throughout the day even when they're not thirsty.
2. Keep beverages they enjoy nearby in non-breakable and easy-to-hold cups.
3. Offer as many high-fluid content foods as possible: gelatin, popsicles, fruits and soups.

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